OBITUARIES

G. Bernard Cook

George Bernard Cook, 76, of Spout Spring, died early Wednesday, August 22, 1979, at his residence.

Twice married, his first wife was the late Bessie Mae Jones Cook. His second wife was the late Nell Walton Cook.

Born in Buckingham County, he was a son of the late George Everette Cook and Hallie Agee Cook. He was a member and treasurer of Salem United Methodist Church. He was manager of Newcomb Auto Parts, Inc., Appomattox.

He is survived by a son, Bernard Preston Cook of Morehead City, N.C.; four sisters, Mrs. Grace Morris of Appomattox, Mrs. Elizabeth Simons of Holland, Mrs. Katherine Shepard of Cumberland and Mrs. Louise Millar of Front Royal; three brothers, Kermit Cook of Rice, Ernest Cook of Covington, La., and Marshall Cook of Suffolk, and three grandchildren.

Funeral services were held at 2 p.m. Friday in Robinson Funeral Home with burial in Westview Cemetery, Farmville.

William J. Dixon Jr.

William Joseph Dixon Jr., 48, of Route 2, Appomattox, died at 3:10 p.m.Tuesday, August 21, 1979, at his residence. He was the husband of Anna McFadden Dixon.

Born in Nelson County, he was a son of William J. Dixon Sr. and Bertha Carroll Dixon.

In addition to his wife, he is survived by a daughter, Mary D. Clay of Red House; three sons, William Lee Dixon, James Wayne Dixon and John Samuel Dixon, all of Appomattox; six sisters, Thelma D. Waycaster of Marion, N.C., Mildred Kress of Appomattox, Gladys Smith of Concord, Miss Betty Dixon of Staunton, Laura Fultcher of Charlottesville and Ida Mae LeGrande of Richmond.

Funeral services were held at 3 p.m.Thursday in Robinson Funeral Home, Appomattox, by the Rev. Richard Baber with burial in Gladstone Cemetery.

Mrs. Horatio M. Ryan

Myrtle Morris Ryan, 77, of Route 3, Appomattox, died Wednesday, August 22, 1979, at Virginia Baptist Hospital after a long illness. She was the wife of the late Horatio Madison Ryan.

Born in Nelson County, she was a daughter of the late Lewellyn A. and Ida Douglas Morris. She was retired from Craddock-Terry Shoe Corp., and was a member of Myndus Baptist Church of Nelson County.

She is survived by two sons, Richard Samuel Ryan of Lynchburg and Clarence Osborn Ryan of Yorktown; three daughters, Mrs. W. D. (Lucille) Christian and Mrs. J. Robert (Vicki) Jamerson, both of Appomattox, and Mrs. Edward D. (Christine) Ruble of Lynchburg;three brothers, Jesse Morris of Alexandria, Nicholas Morris of Melborne Beach, Fla., and Richard Morris of Charlottesville;two sisters, Mrs. Arleigh Thacker of Charlottesville and Mrs. T. N. Estes of Alexandria, 18 grandchildren and 16 greatgrandchildren.

Funeral services were conducted at 1 p.m. Friday in Virginia Funeral Chapel by the Rev. A. Howell Franklin. Burial was in Fort Hill Memorial Park.

Mrs. William Spencer Sr.

Reaver A. Spencer of 1317 Gilmore Circle, Lynchburg, departed this life Friday in Lynchburg General Hospital.

Born in Appomattox, she was a daughter of the late Richard M. Stephens and Betty Thornhill Stephens. She was the widow of William C. Spencer Sr. A public school teacher, she taught in Bedford, Danville, Amherst and Campbell counties.

She is survived by a son, William C. Spencer, Jr.; a daughter, Mrs. Barbara S. Walker; a son-in-law, Walter T. Walker; two daughters-in-law, Mrs. Thelma T. Spencer and Mrs. Amanda H. Spencer; three grandchildren; two great-grandchildren, all of Lynchburg, and many other relatives and friends.

Funeral services were conducted at 1:15 p.m. Sunday from Diamond Hill Baptist Church by Dr. Haywood Robinson. Interment was in Forest Hill Burial Park.

Community Funeral Home Chapel was in charge of arrangements.

CANCER Answer line
American Cancer Society

A regular feature, prepared by the American Cancer Society, to help save your life from cancer.

A retired school teacher writes: "I am confused about having mammography. Is it safe for me?"

ANSWER Rline: Mammography, x-rays of the breasts, are taken for two reasons to either, (1) assist a physician in diagnosis of possible breast cancer in a woman with suspicious symptoms or, (2) to screen women with symptoms for hidden disease. Mammography, which can detect breast cancer in an early stage, is a useful screen for women in the age groups most likely to develop this very common form of cancer. As to your personal situation, if you have symptoms and your physician requests a diagnostic mammogram the benefit of having that diagnosis outweighs any theoretical risk from radiation exposure. If you don't have symptoms but you are over 50, you should discuss mammography with your physician because you are in an age group when breast cancer is more likely to occur. The advantage of early detection make mammography a wise idea.

A high school student writes: "How many people alive today have ever had cancer?"

ANSWER Rline: There are over three million Americans now living who have had a cancer history. Some two million of these people were diagnosed five years or more ago which means that most of them can be considered cured. For more information ask your local American Cancer Society Unit for a free copy of "1979 Cancer Facts & Figures."

A concerned woman explains: "My husband has suffered from hemorrhoids for five years and now he just tends to ignore bleeding. Could he be ignoring cancer?"

ANSWER Rline: While hemorrhoids do not cause cancer, people with hemorrhoids could have colorectal cancer at the same time. People who are used to hemorrhoids might overlook the significance of rectal bleeding, and in this way risk ignoring a far more serious condition. Only a medical examination can rule out cancer. For this reason, your husband should have a checkup soon. This will ease your worries. If cancer is present you will have done a great deal to protect his health because colorectal cancer is highly curable if detected in an early stage.

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TIMES-VIRGINIAN
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PUBLIC NOTICE

Sealed bids will be received by the State Forester until 2:00 p.m., Friday, September 21st, 1979 for the purchase of 222,783 board feet of sawtimber on the the Appomattox-Buckingham State Forest, Wise 21, Stands 30,32, 33, portions of 34 and 35. Pine 157, 770; Oak 36, 896;Poplar 25, 461 and Misc. 2,656.

For further particulars contact J. E. Bowen, Supt. State Forests, Cumberland, Va. 23040

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mothers and babies

LITTLE KNOWN FACTS

Parents can guide a child's curiosity to help him learn and grow by providing proper toys, such as nesting blocks that let him practice holding, gripping, building up, knocking down and fitting together.

Made to fit by height rather than age are these exclusive Continental Coordinates from Mothercare, retailing specialists for mothers-to-be, babies and children under five. This color-coordinated knit shorts and sweater set fits infants 28 to 32 inches tall.

Getting appropriate gifts for babies, children and mothers-to-be can be easy for people who send gift certificates from Mothercare, P.O. Box 3881, New York, NY 10017.

Your Animal's Health

VITAMINS

By Robert F. Jochen Doctor of Veterinary Medicine

Even if your horse eats like a horse, he needs his daily vitamins. A proper balance of vitamins and minerals can help keep horses healthy and performing at an optimum level. Vitamin supplementation is also helpful for horses parasitized or convalescing from a recent illness.

An apple-flavored vitamin-mineral supplement with just about everything a health-conscious horse owner could desire was recently introduced by Pitman-Moore, the Veterinary Division of Johnson & Johnson. New EQUITONE* (a trademark) contains eight vitamins and six minerals and is formulated to help meet the nutritional requirements of horses established by the National Research Council. It is supplied in dial dosing syringes for easy no-waste administration.

While your horse might eat like a horse, any horse owner who knows his oats must realize the importance of vitamins.

See your veterinarian today about vitamin-mineral supplements and about EQUITONE*.

Energy Business Is Everyone's Business

Cont'd from Page 1

what's needed to keep the GNP growing—19 million new jobs—will be needed in the next ten years.

What is delaying construction of nuclear power plants? Mostly governmental indecision and uncertainties in the licensing process.

It takes ten to twelve

Governmental indecision is believed to be a cause of delay.

years to build a nuclear plant in the U.S.—twice that of Japan, but Congress and the states can establish a mechanism to eliminate duplicative hearing procedures, for resolving conflicts between agencies, and for establishing reasonable time limits for licensing new plants.

That way, experts say, the energy business can help keep a lot more people in business.

ROSES
Southgate Shopping Center

ETA...FRI...31:30 ...AUG

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5. PRIZES WILL BE NON-RETURNABLE.

At 3:30 P.M. on August 31, 1,500 flying saucers will be hurled from our roof top to the crowd below. On these flying saucers will be valuable prizes absolutely free to the persons who catch these flying saucers. . EVERYONE'S A WINNER. . .Every flying saucer will be redeemable for a prize. When you catch your flying saucer, simply take it to the customer service desk and redeem it for your prize. IT'S VERY IMPORTANT THAT YOU BE IN FRONT OF ROSES AT 3:30 P.M. FRIDAY, AUGUST 31 TO BE A WINNER.

LOOK AT THIS LIST OF FREE PRIZES & GIFTS. . .
GRAND PRIZE - $100 SHOPPING SPREE
- $25 SHOPPING SPREE
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GAS GRILL - SHOTGUN - BICYCLE
POLAROID SONAR ONE STEP CAMERA
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50% DISCOUNT AWARDS ON PURCHASES
AND. . .
ICE CHEST, RECORD ALBUMS, CIGARETTE LIGHTERS, SHOTGUN SHELLS, MOTOR OIL, GUN RACK, DISCOUNTS, SOFT DRINKS, BLANKETS AND MUCH, MUCH, MORE!

BUT...YOU CAN'T WIN UNLESS YOU GET A FREE FLYING SAUCER...AND YOU CAN'T GET A FLYING SAUCER AFTER THEY'RE GONE! SO...BE HERE AT EXACTLY 3:30 P.M. FRI., AUG. 31

Special Section for Young Created "Young-Virginians

In recognition of the International Year of the Child the Times-Virginian is starting a "Young-Virginian" Section in the newspaper. This special section will be for the publication of works by youth in the Appomattox area - such as poems, opinions, short stories, etc. (limited to 250 words), art work and photographs (limited to 5 x 7 inches in size.)

Any young person wishing to have their work published should submit it in typed or printed form to Beck Hudson at the Times-Virginian office on Court St. All works should include the person's name, address and age. Publications are subject to approval by the paper's editorial staff.

World of My Own

by Sharon Coleman
To sit alone in a world of my own
And hear the sounds of life
And then to face reality
Like being stabbed with a knife.
To see the world in a way
And yet see it at all
To live in this world
Yet hide behind a protective wall.
My world is a lovely world
Filled with fantasies and dreams.
I know it's make believe
But, oh, how real it seems.
To understand myself, but not really need to,
To spend my time daydreaming, nothing else to do.
Step into the world
And leave your life behind
To live a life of my own
And have a world that's mine.
Dream your own dreams
And make them all come true.
You may never dream like I
And I'll never dream like you.
For you see, I live in a world of my own.
Where I dream my life away
Maybe you'll live in a world of your own
Maybe you'll live in a dream, someday.

by Sharon Coleman
I looked for a friend
Someone who would care.
Someone who would dare
I sought a friend
One that would be true
I found that friend
That friend is you.
Who would ever think, there's a friend as good as you.
We stick together
Like we were stuck with glue.
Who would ever think we would keep on trying,
We've gone through hell -n-high water
Sometimes, felt like dying
Though things have gone wrong
In things we're tried our best.
Somehow we're kept going strong
Without each other, where would we be.
For there are no better friends
None better than we.

"Moments"

by Wanda Kay Hamlett
Happiness last only but a moment,
But a moment lasts a lifetime,
For a lifetime is full of memories.

"Gifts"

I can not write you a book
For I have no story.
I can not sing you a song,
For I have no music,
I can not give you diamonds
For I have no money,
But look beyond these things
And you shall see endless gifts,
For these are given from my soul,
Not my possessions.
-Wanda Kay Hamlett

Food Shopper

Had it not been for the 4th Earl of Sandwich we would not be recognizing this as Sandwich Month. There are hearty sandwiches you can plan a meal around; one to eat with a knife and fork; and dainty finger style. But probably the "most-made" are those good-traveler sandwiches for lunch boxes and paper sacks.

Brown bagging is familiar to everyone and the contents are as varied as the people who tote them. The number of brown baggers is increasing as the cost of eating away from home has increased. An added advantage is, of course, having exactly what you want, not the cafeteria's special of the day.

The sandwich is found in most meals brought from home and the beginning of any sandwich is the bread.

There are almost as many varieties of breads on the market as there are questions relating to it. White bread is made with white bleached flour. Why bleached? Bleaching conditions the gluten which is responsible for giving bread its porous structure, enabling the dough to hold the leavening gas. This makes white bread the lightest, most tender bread.

Whole wheat breads are normally made with a combination of whole wheat and white flour; the latter added to offset the heaviness characteristic of a total whole wheat product.

In the interest of nutrition it is advisable to compare nutrition labeling on various breads. White breads use "enriched" white flour with added nutrients. Yet wheat breads can claim a higher fiber content. For the best of both breads make an integrated sandwich with one slice of white and one slice of wheat.

When preparing sandwiches keep in mind food safety. The practice of using frozen bread slices will help "keep" fillings. Sandwich fillings and spreads could also be packed separately in thermal containers. Remember to pack a plastic knife and this will put an end to soggy sandwiches.

In his quest for non-stop gambling the Earl of Sandwich, albeit unknowingly, has provided us with the idea for many a meal. Thank you Earl.

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June Fuel Tax Down From May

RICHMOND - Automotive fuels tax collections from June were $22,797,998, down 4 per cent from May figures, and down 8.5 percent from June 1978 totals, according to Vern L. Hill, commissioner of the Division of Motor Vehicles.

Hill stressed that monthly fuels tax collection figures do not reflect consumption of gasoline at the pumps since the nine cent per gallon tax is paid to the Commonwealth at the wholesale level. These funds are deposited in the State's Highway Maintenance and Construction Fund.

Taxes were collected on 253,196,485 gallons of automotive fuels for June, a decrease of 10.7 million gallons from May, and a decrease of 23.5 million gallons compared to June 1978. Hill indicated that the decrease in collections from May to June reflects the cutbacks in gasoline allocations to the state during those months.

Collections for the first six months of 1979 totaled $135,130,628, a decrease of one half of one percent from the same period a year ago. Total number of gallons of motor fuel on which taxes were paid decreased by 9.1 million gallons.

Dates Set For Governor's Conf on Aging

"The Challenge of Aging" is the theme for the first Governor's Conference on Aging to be held in Richmond, Tuesday, Octobedr 16, and Wednesday, October 17, 1979. Pre-conference material developed on Tuesday, October 16, will be presented at the Governor's Conference, Wednesday, October 17, to an audience of 3,000 people at the State Fair Grounds.

The objectives of the conference are: To identify the problems and concerns of older adults; to insure awareness of the issues among State and local elected officials and service providers, as well as the general public; to promote the development of State and local legislation aimed at solving the problems of aging and advocate for effective and sensitive implementation of programs for the elderly; to educate older citizens, legislators, service providers, and the general public on the full range of resources and programs available to older Virginians.

Issues discussed and recommendations presented at the Governor's Forum on Aging at the State Fair Grounds will cover: Transportation, Economic Security, Housing, Long-Term Care of the Elderly, Home-Delivered Services, Legal Services for the Elderly, Health, Mental Health/Mental Retardation, Educational/Recreational Opportunities, and Informal Support Systems for the Elderly.

Those desiring to attend the Governor's Conference on Wednesday, October 17, should contact, as soon as possible, their local Area Agency on Aging for reservations.

Farmers' Costs Up 13 Percent

BLACKSBURG - Production expenses of American farmers are expected to rise about 13 percent in 1979, reaching a total of $110 billion or more, said Virginia Tech Extension specialists in agricultural economics.

Nearly all the increase in expenses is due to higher prices of inputs, rather than quantity used. The total amount reflects a small increase in the quantity of seed and fertilizer, but a 10 percent reduction in purchased livestock and little change in other items.

The index of prices paid by farmers for all items in 1979 is expected to be 12 to 14 percent higher than last year's average.

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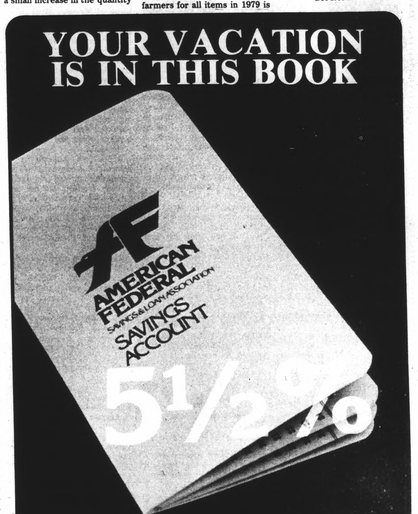

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